

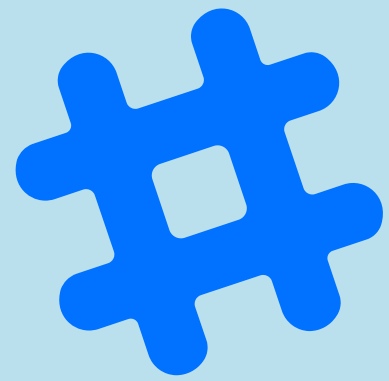
SOCIAL MEDIA LEADS TO DEPRESSION



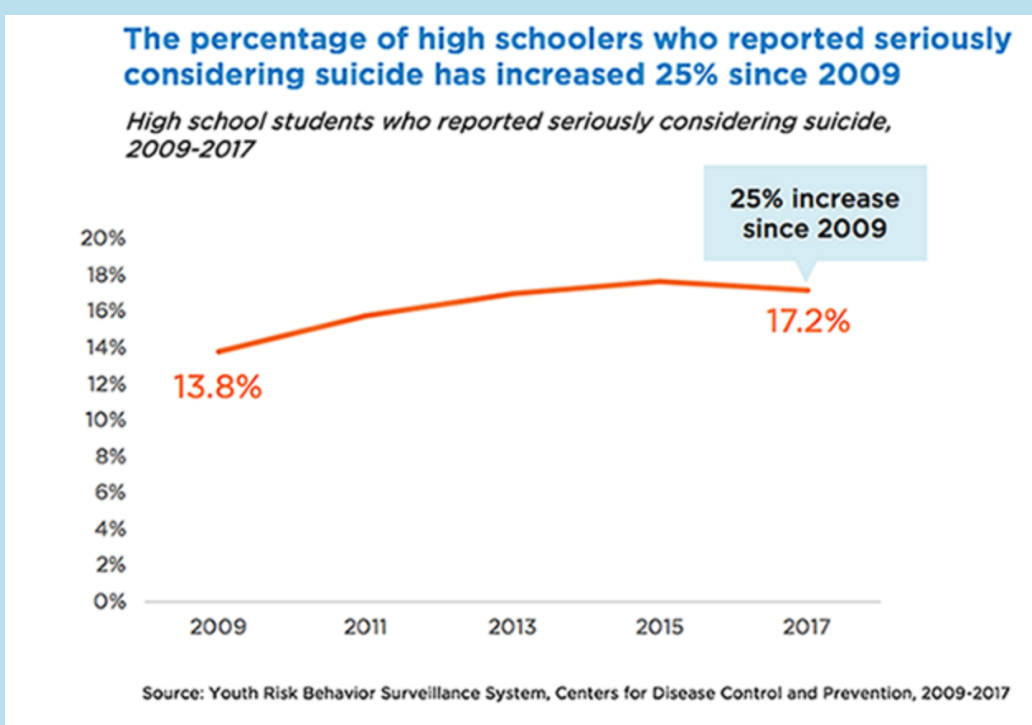
CAUSES AND SOLUTIONS TO THE PROBLEM



OVERUSE OF SOCIAL MEDIA CAN LEAD TO A LIFE OF MENTAL ILLNESS



STUDIES SHOW THAT MISUSE OF SOCIAL MEDIA CAN LEAD TO DEPRESSION



IN THE U.S. ALONE, SURVEY FINDINGS SHOW A 25% INCREASE IN SUICIDE ATTEMPTS AMONG TEENAGERS BETWEEN 2009 AND 2017

REDESIGN

APPS COULD PUT A LIMIT ON DAILY SCREEN TIME



APPS SHOULD STOP USING ALGORITHMS IN ORDER TO KEEP USERS ONLINE

SOLUTIONS

LIMIT SOCIAL MEDIA TO YOUR COMPUTER RATHER THAN YOUR PHONE



SET TIME EVERY DAY TO STEP AWAY FROM TECHNOLOGY

APPS TO HELP

USE APPS THAT TRACK YOUR SOCIAL MEDIA USE

USE FOCUS MODE TO LIMIT DISTRACTIONS FOR TECHNOLOGY BREAKS

